



City of Charleston

Mayor's Office on Aging

Enjoying Aging in Charleston



Picture available at sailmagazine.com

Information in this article is subject to change at any time! Please check with the business or organization prior to visiting for the most up-to-date information!

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CITY RECREATION:

Following information outlines many of the programs available to local adults 55+ through the City of Charleston's Department of Recreation. Contact Information on Events- (843) 724-7327. Visit the City of Charleston's Website for more information at www.charlestoncity.info

Aquatics

Year round pools include W.L. Stephens Aquatic Center, W.A. (843-769-8261) and the MLK, Jr. Pool, Downtown (843-724-7346). Open for the summer, James Island Pool, June –October (843-795-5756) and the Herbert Hasell Pool, Downtown (843-724-7344).

Daily pool rates for individuals 55+ are \$1.00 for city residents and \$2.00 for non city residents. Yearly swim passes are available at a discounted rate for both city and non city residents 55+.

Water Fitness Classes- \$2 per class for 55+

Offered year round at the W.L. Stevens Aquatic Center and during the summer at James Island Pool (June-September).

Classes run every:

Monday through Thursday- 7:30am-9am and 6:30pm-7:30pm

Monday and Friday- 9am-10am

Saturday- 10:15am to 11:15am

Non swimmers are welcomed as the class is done in waist to chest deep water.

Deep Water Aerobics- \$2 per class for 55+

Class held every Monday night at the W.L. Stephens Aquatic Center from 7:30pm-8:15pm.

Arthritis Aquatics Fitness Program- \$1 per Class or \$45 for 6 weeks

This recreational program of exercise is designed for individuals with arthritis and/or similar conditions.

Classes are held every Monday, Wednesday, and Friday from 10am to 11:30 am at the W.L. Stephens Aquatic Center.

Master's Swim League- \$15 a month with a year pass

Enjoy structured practices with adults 18 and over. All levels of experience and ability are welcome. Chances to swim competitively are available as well as some traveling opportunities and monthly socials for those interested. Practices are held Monday-Friday from 5:45am to 7am and every Saturday from 7am to 8am at the MLK pool, downtown. Contact Coach Chris Rowe at (843) 670-3230 for more information.

Discover Scuba

The W.L. Stevens and the MLK pools host local scuba shops for instructional classes for all ages. Group packages and opportunities for travel are available. Contact Charleston Scuba at (843) 763-3483 for more information.

Tennis

The Charleston Tennis Center and Maybank Tennis Center offer a number of programs for seniors including team tennis, lessons, and open round robin play. Both facilities offer Senior teams (50+), Super Senior teams (60+), and Super Duper Senior teams (70+), all of which compete in the USTA Leagues. Contact the tennis manager, Peggy Bohne at (843) 769-8258 for more information.

Sporting Events

2009 Lowcountry Soccer Festival

May 23-25, 2009 Charleston, SC

For Tournament Information Contact Tournament Director:

Dave Caruso (843)-769-8243

General City Recreation Activities:

City Programs Offered in West Ashley

Basket Weaving- \$50 a month

Classes held every Tuesday and Thursday from 10am-1pm at the Willie Gaines Playground. For more information call (843) 769-8256. Materials are not included in cost.

Beading for Everyone- \$10 a month

Classes are held every Tuesday from 10am-12pm at the Willie Gaines Playground. Call (843) 769-8256 for more information.

Bocce- \$25 per season

Play times are every Monday from 10am-11am at the West Ashley Park (843-769-8284).

Learn the game of bocce and prepare for a bocce competition at the end of the season while enjoying an hour of friendly competition amongst your peers. Call ahead for more information and season dates.

Crocheting Class- Free

Classes take place every Tuesday and Thursday from 10am-1pm at the Willie Gaines Playground (843-769-8256). Materials are not provided. Participants learn basic-intermediate crochet stitches.

Sewing with Helen- Free

Classes held every Tuesday and Thursday from 10am-1pm at the Willie Gaines Playground (843-769-8256). Materials are not provided.

Walking- \$25 per season

Walks are scheduled for Wednesdays from 10-11am at the West Ashley Park (843-769-8284). Come out for an hour of walking with your friends. Spend time walking around West Ashley Park while learning fundamentals of safe walking, nutrition, and self-defense. Bridge walk planned for the end of the season. Call ahead for more information and season dates.

City Programs Offered at James Island Rec Center

1088 Quail Dr. Charleston, SC 29412- (843) 795-5678

Painting- \$45 per 6 week session

Classes held every Friday from 10am-12:30pm.

Sizzlin Seniors- 50+ adults

If you enjoy traveling, eating, fellowship, and just plain fun then this group is for you. This group hosts events such as travel for shopping trips, sightseeing tours and movies. Sizzlin Seniors also have an extensive Health Seminar calendar with Roper Hospital. Seminars take place every 2nd Wednesday of every month. Call (843) 795-5678 for schedule information.

Sizzling Seniors Bingo Group- Free

Every Tuesday at 10:30am adults 50+ meet to play Bingo and share snacks. Bring your favorite snack to share and be ready to call "BINGO". Call (843) 795-5678 for schedule information.

Sizzling Seniors Card Players Group- Free

Every 1st and 3rd Wednesday of the month at 10:30 am adults 50+ meet to play Kings and Queens Card game. Come share in fellowship and fun. Call (843) 795-5678 for schedule information.

Yoga- \$5.00 per class

Every Monday and Wednesday at 6:45pm the James Island Recreation Center holds open yoga classes for all ages and experience. "Learn how to relax your mind and body through exercise and meditation with yoga!" (843) 795-5678.

OTHER RECREATIONAL ACTIVITIES:

Bowling

- Ashley Lanes- (843) 766-9061

1568 Sam Rittenberg Boulevard-Charleston, SC- 29407

Ashley lanes offer a game discount for adults 60+ with I.D.! Individual games cost \$1.30 until 6pm and \$1.50 after and the shoe rental is just \$3.50 all day! League bowling is also available for bowlers of all ages and experience! Call Ashley Lanes for information on league schedules! Senior leagues meet Monday and Thursday nights as well as on Tuesday mornings. (Prices and schedules subject to change)

- AMF Charleston Lanes- (843) 766-0241

1963 Savannah Highway-Charleston, SC- 29407-

www.amf.com/charlestonlanes/centerHomepage.htm

Charleston Lanes offers games of bowling for \$1.99 everyday til 5pm and \$2.99 after 5pm with shoe rentals for \$4.25. All sorts of bowling leagues are available as well including a senior and women's league! (Prices and schedules subject to change)

Charles Towne Landing- Adults 65+ Admission \$3.35

1500 Old Towne Road- Charleston, SC- 29407- (843) 852-4200

www.charlestowne.org

Part of the S.C. State Park System, Charles Towne Landing offers a look at the site where “a group of English settlers landed in 1670 and established what would become the birthplace of the Carolinas colony, the plantation system of the American South, and one of the continent’s first major port cities. And here the story is still told. Visit the Adventure, Charleston's only 17th century replica sailing ship, and the authentic experimental crop garden. Talk to archaeologists at work. And leave time for the Animal Forest natural habitat zoo and 80 acres of gardens that includes an elegant live oak alle’ and the Legare-Waring House, one of Charleston’s favorite sites for weddings and other special gatherings.”

Charleston County Parks- (843) 762-2172 or (843) 795-4FUN

(4386)- Gold Pass- \$40 for Charleston county residents 60+ -

www.ccprc.com

Enjoy Charleston’s great outdoors through the Charleston County Parks many sites and programs offered both seasonally and year round. Charleston County Parks and Recreation Services offer a variety of passes for avid park goers as well as discounted rates for senior citizens. Parking is free at all sites with paid admission. Visit www.ccprc.com to request a seasonal brochure outlining upcoming events, programs, and park pass information. Fun and educational volunteer opportunities are also available, as volunteers serve as an integral part of the county park system. For more information on exciting volunteer opportunities contact their Volunteer Coordinator at (843) 762-8172.

Charleston Area Senior Center-

259 Meeting Street- Charleston, SC- 29401- (843) 722-4127

“Established in 1967 the Charleston Area Senior Citizens, Inc. continues to touch the lives of healthy and at-risk seniors with the necessary programs and services that enable them to be a vital component of the community. The organization also offers life-enhancing services for at-risk seniors who need more individualized attention.” Services include: help for the at-risk senior and caretaker, case management, in-home care, outreach services, respite care, food Give-Away and Commodity Distribution. Excellent volunteer opportunities available! www.volunteermatch.org

The Charleston Singles Ballroom Dance Group-

www.meetup.com/The-Charleston-Singles-Ballroom-Dancing-Meetup-Group/

“Meet other local Ballroom Dancers, beginners and those who have learned already, in a non-threatening environment. It's fun, great exercise, and a romantic, elegant way to dance and meet new people.” This group offers several opportunities through out the Charleston area to meet up with other local dancers, and couples are always welcome! Some dances will have a minimal fee attached but several are free events! Below is a list of some of the planned weekly dances, but visit the group's web page for more detailed information and to join their email list to help keep you posted on upcoming events! Make sure you call ahead to confirm the time and date!

Downtown

Tuesdays: C.A.T.T.S Charleston Argentine *Tango* Society for Singles is FREE. For lessons and dance 7:00-9:00 on Tuesdays at the MUSC Harper Student Center at the corner of Courtney and Bee Streets. Free parking in that garage.

Friday: Majestic Grill offers **salsa** lessons on Friday nights at 7:00. There will be a dance to follow at 8:00pm. \$5.00 fee.

Saturday: On Saturday nights, the Majestic Grill will offers *Swing* lessons and dance at 7:00 pm for \$5.00 as well. Advanced lesson offered at 6:00pm (345 King Street-Charleston, SC-29401- (843) 577-0091)

Saturday: A Salsa group meets up on Saturday nights at The Harbor Grill just behind the IMAX theatre by the waterfront. Salsa starts at 10:00pm \$6.00 ladies.

(360 Concord Street-Charleston, SC- 29401- (843) 853-5752)

West Ashley

Friday and Saturday: Ballroom Dance Club offers lessons beginning at 7:30 with open dance after until 11:00 pm on Friday and Saturday nights. Lessons are also available on other nights. It costs \$10-12.00 total for the lesson and dance. Valentine or holiday dances may be more.

(1632 Ashley Hall Road- Charleston, SC-29407- (843) 841-6575-
www.ballroomdanceclub.org)

Saturday: JB Pivots offers **shag** lessons on Saturday nights at 7:00 pm for \$7.00. Visit their website at www.pivotsbeachclub.com for more dance opportunities! Tuesday night they offer free Shag lessons!
(1662 Savannah Highway-Charleston, SC- (843) 571-3668)

Thursday: Fred Astaire Dance Studio offers a 45 minute lesson for \$10.00 Thursday nights at 7:15pm. You can pay another \$12.00 for a dance from 8:00 to 9:00. Located behind the Barnes and Noble in West Ashley. This studio offers other dance lessons and packages as well.
(1850 Wallace School Road- Suite # B- Charleston, SC- 29407- (843) 769-0440- www.fadscharleston.com)

Golf Courses

The following golf courses are open to the public and offer great discounted rates for local senior golfers; some courses have residency requirements, so check with them beforehand! Visit www.charlestongolfguide.com for information on other area courses!

Coosaw Creek Country Club- (843) 767-8988

Every Monday through Thursday adults 65+ can pay a round of golf after 12pm for \$29 a round including cart usage. Call ahead to reserve your tee time, they fill up quick! Visit this semi private golf club's website at www.coosawcreek.com.

Charleston Municipal Golf Course- (843) 795-6517

Monday through Friday adults 62+ can play a round of golf for \$12 (city residents) and \$16 (non-city residents). This does not include a cart fee, which is \$8 for 9-holes and \$15 for a full round. In December, this course hosts the City of Charleston Men's Senior City Golf Championship, call ahead for availability. Visit the City's website at www.charlestoncity.info/recreation for more information.

Shadowmoss Plantation Golf Course- (843) 556-8251

Every Monday and Tuesday residents 50+ of the tri-county area can play a round of golf for \$26 including cart usage all day! Call ahead to reserve tee time! Visit their website at www.shadowmossgolf.com.

Wescott Plantation- (843) 871-2135

Every Monday through Thursday adults 62+ can enjoy a round of golf and cart usage for \$32 plus tax all day. Call ahead to reserve tee time! Visit their website at www.wescottgolf.com.

Hunting and Fishing

South Carolina residents 64+ are eligible for the Senior Lifetime License for hunting and fishing for \$9. Call (803) 734-3838 for more information.

Application can be accessed via the internet at www.dnr.sc.gov.

(Application is referred to as the Lifetime Recreational License Application)

Fishing Excursions with Scotty D. - Adults 50+ receive a discount from 10-20% off original fee

Fly Fishing S.C., LLC. - (843) 709-0307- www.flyfishingsc.com

Join local Charlestonian, Scotty Davis, for a day of local fly-fishing, deep-sea fishing, eco tours, and more! Scotty D and his crew share a deep passion for South Carolina and its fishing habitats and they look forward to sharing their passion with you! A variety of programs are available including kayaking trips, half and full day fishing excursions, and summer fishing vacations to Alaska! Visit Scotty D's website at www.flyfishingsc.com for more details and enjoy the water!

Lowcountry Senior Center- (843) 762-9555

865 Riverland Drive on James Island

The LSC provides a variety of services and programs for adults 50+ geared toward wellness, education, fitness, and volunteer services. Yearly membership is \$50. Some classes have extra fees attached, but most are free. Visit their website at www.lowcountryseniorcenter@rsfh.com for event schedules and membership information.

Miniature Golf

Blackbeard's Cove Family Fun Park- (843) 388-8432

3255 Highway 17 North- Mt. Pleasant, SC- 29466

Linda Love of Blackbeard's Cove hosts "Senior Golf Day" every Wednesday morning from 10am-12pm for adults 50+. Grab a friend and head out for a morning of miniature golf and light refreshments

for just \$6 a person. Call Ms. Love ahead of time to reserve your spot and check out their website at www.blackbeardscove.net for more information.

Park Angels- Charleston Parks Conservancy- (843) 724-5003

This group is a volunteer action group geared toward preserving and beautifying Charleston area parks and green spaces. If you enjoy your local parks and like to garden, groom, and generally enjoy the great outdoors, become a Park Angel. Visit their website at www.parkangels.org for more information and to sign up! Direct any questions to Jim Martin at the number listed above.

Senior Music Lessons- \$29.95 for First Six Weeks-

3005 W Montague Ave- North Charleston, SC- 29418- (843) 720-7200
www.foxmusichouse.com

Fox Music House Inc. offers a quick start Lowrey Organ lessons geared specifically towards area seniors. Judy Cohen teaches a 6-week course in which students learn to master six songs and various musical skills on the quick start Lowrey Organ! Call Judy Cohen at (843) 568-7997 to sign up!

South Carolina State Parks- Palmetto Pass

SC State Parks- 1205 Pendleton Street-Columbia, SC- 29201

“The entire South Carolina State Park system is yours to enjoy with a Park Passport. These passports are a great way to experience all the beauty of our state. The cost is only \$25.00 (for adults 65+, disabled, and blind S.C. residents) and entitles the owners to free and unlimited entry into all South Carolina State Parks that charge an entrance fee.”

“The hangtag pass is valid for one year from the date of purchase and can be transferred from one vehicle to another. Purchase a Park Passport by visiting a South Carolina state park office or any state park. To charge via Visa or MasterCard call 803-734-0156. You can also mail a check to the address listed above. These passports currently CANNOT be purchased online.” You can visit their website for information on S.C. parks and help planning your visit! www.southcarolinaparks.com

SPORTING EVENTS:

Charleston Battery Soccer- \$10- \$18 single match fee

Blackbaud Stadium- 1990 Daniel Island Drive- Charleston, SC 29492- (843) 971-GOAL (4625) ext. 215- www.charlestonbattery.com
Celebrating their 10th season, the Charleston Battery is Charleston's one and only professional soccer team! Soccer season starts in April and runs until September, with season tickets starting at \$150. Charlestonians have the unique opportunities to enjoy one of the Country's most celebrated soccer stadiums, The Blackbaud Stadium. "Styled after the classic English soccer experience, the stadium seats 5,100 and offers fans an unmatched environment with superb sight-lines, concessions, a children's interactive soccer theme park, and even a plush English-styled pub, The Three Lions."

River Dogs Baseball- \$5 general admission fee (subject to change)

Joseph P. Riley, Jr. Park (the "Joe") -360 Fishburne Street- Charleston, SC- 29403- (843) 577-3647

Enjoy a day of America's favorite past time...Baseball! Charleston's very own Class A baseball team hosts a number of baseball games and special events for their fans! Visit their official website at www.riverdogs.com for schedule information and season ticket deals! Otherwise, tickets can be bought on the day of the game at the "Joe's" box office! The "Joe" is fully accessible for all patrons' needs.

Stingrays Hockey- General Admission ranges from \$14 to \$19 depending on seating preference

5001 Coliseum Drive - North Charleston, SC 29418- (843) 529-5050

Enjoy an action packed game of hockey at the North Charleston Coliseum! Charleston's very own Stingrays often host special events on game days as well! Visit the Stingrays official website at www.stingrayshockey.com for information on the season schedule and events! The North Charleston Coliseum is accessible for all patrons' needs.

EDUCATIONAL OPPORTUNITIES:

Center For Creative Retirement- \$25 a semester for Any Adult retired or near retirement

Also housed on the College of Charleston campus is the Center for Creative Retirement which is made up of a diverse group of seniors who value education as a life long adventure and would like to share their passion for education with enthusiastic and new friends. This group enjoys weekly meetings and study groups, field trips, and presentations on local, cultural, current affairs, and special topics given by College professors and informed

community members, etc. Call Claire Robinson at (843) 953-5488 for more information, or information can be accessed via the internet at www.cofc.edu/visitors/ccr.html.

Charleston County Public Library System- Free

Join your local public library branch! For a list of library locations throughout the Lowcountry, visit www.ccpl.org. Membership to your local library guarantees access to all Charleston County public libraries. Advantages of membership include more than book rentals! Free access to computers, up to date software, and the internet, a variety of DVD's and video cassettes, and books on tape are just a few examples!

- **Charleston County Public Library- Computer Classes - Free**

If you are interested in taking free computer classes, contact the Technology Learning Center at (843) 805-6885 or email them of information at tlc@ccpl.org. Classes are open to all age groups.

- **Charleston Country Public Library- Fiction Writing Group-Free**

All level of novelists welcome! Every Tuesday of each month, bring your work in progress to the Main Library (68 Calhoun Street- Charleston, SC-29401) and enjoy a few hours of instruction, exchange of creative ideas and fellowship with other local writers and readers, alike! Call (843) 805-6930 for more information on this group and other book clubs and educational groups!

- **Charleston County Public Library- The Met Opera- Free**

Simulcast from The Met Opera to the library, you can enjoy their current productions in High Definition video and surround sound at the Main Library at 68 Calhoun Street- Charleston, SC-29401! Go to www.ccpl.org for the 2009 schedule!

- **Charleston County Public Library- Reader Advisory Services-Free**

Contact the Reader Advisory Services at (843) 805-6903. They can help you locate the next great book your going to read, find an author you haven't read in years, tell you about all the summer reading programs for adults they are planning, and more!

The Citadel- Senior Scholar- \$35 a semester for Adults 55+

Designed for mature adults who desire continued intellectual and social stimulation in a scholastic setting, The Citadel's Senior Scholars Program provides an opportunity to share in the vast and varied resources of the college. This group sponsors open lectures every other Wednesday on a variety of topics ranging from current affairs to South Carolina history presented by college professors and informed community members. Visit their website at www.citadel.edu/graduatecollege/senior-scholars.html for more information, or call (843) 953-5089.

College of Charleston- \$25 a semester for Adults 60+

South Carolina residents 60+ can attend classes with available seating at the College for just \$25 a semester. Applicants must not be employed full time, and are responsible for their own books and class materials. Classes can be taken for credit or audit and senior students will enjoy full access to the resources and events hosted by the College. To enroll, contact the Office of Admissions and Adult Student Services- College of Charleston-Charleston, South Carolina- 29424- (843) 953-5620 or (843) 953-5670. Visit www.cofc.edu for information about the College.

Senior Computer Services- (843) 530-5258- Fees based on services provided

Learn all about the wide world of computer technology and how to stay in touch with friends and family with Ernie Torricelli, Head Coach for Senior Computer Services. Tuition starts at \$149.00 for a basic introduction package which includes 4 hours of instruction and training on computer basics, working with Microsoft's Windows, and internet essentials. Contact Mr. Torricelli at (843) 530-5258 or email him at ernesttorricelli@yahoo.com for more information.

Trident Technical College- (843)574-6026

www.tridenttech.edu

"If you are over 60, a legal resident of South Carolina and not employed full time, you may take selected academic courses at TTC on a space-available basis as a senior citizen without paying tuition. Submit an admissions application with the \$25 nonrefundable application fee online" at www.applyweb.com/apply/trident/. Contact the Business office at (843) 574-6026 before registering for classes.

MOVIE THEATRES:

Carmike James Island- \$6.50 per ticket for Adults 60+
1743 Central Park Road- Charleston, SC - (843) 762-4904-
www.carmike.com

Every Tuesday is Tuesday Stimulus Day. All day, movie goers of all ages can enjoy a small drink and small popcorn for \$1 each! This theatre also shows many 3D shows. 3D movies cost an extra \$3 per ticket.

Cinebarre- \$8.00 per ticket for Adults 65+
963 Houston-Northcutt Boulevard, Mount Pleasant, SC - (843) 884-7885-
www.cinebarre.com

Enjoy dinner and movie at Cinebarre. Full bar options available as well as traditional movie concessions.

Regal Cinemas- \$6.25 per ticket for Adults 60+ -
www.regmovies.com

- **Regal Palmetto Grande Stadium 16**
Highway 17 North- Mount Pleasant, SC 29464- (843) 216-8696
- **Regal Charles Towne Square 18**
2401 Mall Drive- North Charleston, SC 29406- (843) 554-6120

The Terrace Theatre- \$7.00 per ticket for Adults 65+
1956 Maybank Hwy- Charleston, SC 29412- (843) 762-9494-
www.terracetheatre.com

Enjoy independent and educational films here, with a nice selection of dining foods, traditional movie concessions, and beer and wine.

PERFORMANCE AND LIVE THEATRE:

Visit the City of Charleston's Office of Cultural Affairs website at www.Charlestoncity.info for information on festivals, events, and programs hosted in Charleston.

Charleston Stage- Ticket prices vary, but discounts are given for Adults 60+
44 George Street- Charleston, SC 29401- (843) 577-7183

Charleston Stage, founded by Playwright Julian Wiles in 1978, is South Carolina's largest professional theatre company. Call ahead or visit their website for schedule and ticket information at www.charlestonstage.com.

Piccolo Spoleto Festival- Admission to Events Vary- Some Events have Discounts for Adults 56+ (*Annual Event*)

The official outreach arm of the Spoleto Festival, this mini-festival runs the same dates as Spoleto and focuses its attention on highlighting local arts, crafts, and musical, dance, and theatrical performers and groups. Many of the events are free or modestly priced events! You can volunteer to usher events for free admission by contacting the City of Charleston Cultural Affairs Volunteer Coordinator, Ms. Francina Smalls-Joyner at (843)958-6459. To view information on Piccolo Spoleto's event times and dates, visit their website at www.piccolospoleto.com.

South of Broadway Theatre Company- Shows between \$5- \$10 per ticket for all ages, some are free.

1080 E. Montague Avenue- North Charleston, SC 29405- (843) 745-0317
For a schedule of shows and activities call or visit their website at www.southofbroadway.com.

Spoleto Festival U.S.A- Admission to Events Vary- Some Events have Discounts for Adults 62+ (*Annual Event*)

The 2009 Spoleto Festival opening day is Thursday, May 21st and will run with events across the Charleston peninsula everyday till Sunday, June 7th. Events will range from musical performances, ballets, art shows, and theatre and improv acting shows. You can volunteer to usher events for free admission. To receive a brochure of event times and dates via mail or to obtain information on ushering events, please email info@spoletousa.org or call (843) 722-2764 and include your name and address and your request. Or you can visit their website at www.spoletousa.org to view this year's event calendar. To usher events, applications must be submitted by early March (dates due to change). Parking can be hard to find, but fortunately the City of Charleston have several parking garages available for use and many offer a park and ride option with CARTA for a small fee.

Theatre 99- Shows range from \$5- \$12.50 per ticket for all age groups.

280 Meeting St # B- Charleston, SC 29401 - (843) 853-6687

Enjoy some laughs with the Have Not comedy Troupe at Charleston's only improv comedy theatre, Theatre 99, where the audience is part of the show!

Call ahead or visit their website at www.thehavenots.com for schedule information.

The Village Playhouse- Adults 62+ pay \$23.00 per ticket for Comedy/Dramas and \$25 per ticket for Musicals
730 Coleman Blvd # E- Mt Pleasant, SC 29464- (843) 856-1579-
www.thevillageplayhouse.com

The Village Playhouse and Repertory Company is a non-profit 501 © 3 professional theatre arts organization producing more than 150 nights of theatre each season in a versatile cabaret style venue, now beginning its eighth year of main stage productions. Season passes are available.

MUSEUMS, ATTRACTIONS & TOURS:

Be a tourist in your own town! Following is a list of local Charleston Museums, tours and attractions; please keep in mind that listed prices for admission are subject to change with the seasons. Please contact the sites prior to visiting to confirm admission, package prices, and hours. For information on upcoming events, festivals, restaurant deals, discount and coupon opportunities and more visit the Charleston Area Convention and Visitor Bureau at www.charlestoncvb.com. The Traveler of Charleston visitor magazine's website at www.travelerofcharleston.com and the Charleston Gateway guide website at www.charlestongateway.com are also great local resources for planning a day out in your town!

Museums-

American Military Museum- Adults 55+ and Veterans Admission \$5
360 Concord Street - Suite 9-Charleston, SC- 29401- (843) 577-7000
Visit the American Military Museum to view authentic artifacts from 14 American conflicts from the Revolutionary War through the recent war in Iraq. Visit their website at www.americanmilitarymuseum.org for more information.

Avery Research Center for African American History and Culture- Free
125 Bull Street-Charleston, SC-29401- (843) 953-7609
“Through its research facilities, museum exhibits, tours of its historic site, and cultural center, Avery tells the story of African Americans from their origins in Africa through slavery, emancipation, segregation, migration, the

civil rights movement, and the ongoing struggle for social and political equality.” Visit their website for more information at www.cofc.edu/avery.

Charleston Museum- Adult admission \$10 (does not include access to all sites)

360 Meeting Street- Charleston, SC-29401- (843) 722-2996

“Exhibitions feature objects from our extensive cultural, historic and natural history collections and introduce you to the rich heritage of the Lowcountry, whose social and architectural legacy is reflected in our two premier historic houses. Whether you have an interest in early Southern furniture or in Southeastern birds, The Charleston Museum has something for everyone in your family.” Visit their website for more information on their sites (museum and 2 historic homes) and ticket packages and prices at www.charlestonmuseum.org.

Children’s Museum of the Lowcountry- Adult Admission \$7

25 Ann Street-Charleston, SC- 29403- (843) 853-8962

The Children’s Museum of the Lowcountry is Charleston’s first hands-on learning environment designed just for children ages 3 months to 12 years and their families. This is a great place to bring visiting family and grandchildren! If you have family which visits often or lives here in town, a “Grandparent” membership is available for just \$60 and provides year round free admission to up to two grandparents and all of their grandchildren. Closed Mondays. Every few months the Junior League sponsors a ‘Free Friday Night’ for kids and their adults that includes free admission, dinner, and special crafts and activities! Visit their website at explorecmll.org.

The Citadel Archives and Museum- Free Admission

171 Moultrie Street-Charleston, SC- 29409- (843) 953-6846

The Citadel Museum represents the history of The Military College of South Carolina from its founding in 1842 to the present. Arranged chronologically, the permanent exhibits feature the military, academic, athletic and social aspects of cadet life. Hours of operation vary for the archives and the museum; please visit their website at www.citadel.edu/museum/ for more information.

The Confederate Museum- Adult admission \$5

188 Meeting Street- Charleston, SC-29401- (843) 723-1541- www.csa-scla.org

Located at the corner of Meeting Street and Market on the second level, this museum houses what many experts consider to be the fourth most important collection of Confederate artifacts on Earth! This museum is overseen by the United Daughters of the Confederacy. Museum had damage inflicted by Hurricane Hugo in 1989, and has since been beautifully restored and is fully accessible. Also on site is a research library.

Gibbes Museum of Art- Adults 62+ Admission \$7

135 Meeting Street- Charleston, SC-29401- (843) 722-2706

This Art museum strives to offer “through collection, exhibition and interpretation a thorough knowledge of the visual culture of Charleston, the Lowcountry and the American South from the colonial era through today”. Every three months, Gibbes hosts a community day which includes free admission, hands-on art activities for children, museum tours, musical performances, and free beverages from Rising High Cafe! Visit their website to view dates of exhibits and the next community day at www.gibbesmuseum.org.

John River Communication Museum- Free Admission and Tours

58 George Street- Charleston, SC- 29424- (843) 953-5810

The Communications Museum houses four display rooms which “highlight a wonderful collection of antique radios, televisions, phonographs, telephones, magic lanterns, motion picture projectors, and other items related to the history and entertainment of the communications and broadcasting fields”. Museum curator, Rick Zender and staff are more than happy to share their knowledge and passion for communications history with anyone interested! This is located on the College of Charleston Campus. www.cofc.edu/~jrmuseum/index.html

Karpeles Manuscript Library- Free Admission

68 Spring Street-Charleston, SC- 29403- (843) 853-4651

This museum houses a variety of historical exhibits including artwork, documents, and manuscripts as well as special traveling exhibitions all under the roof of a “grand and bold Greek Revival structure of the Corinthian order after the Temple of Jupiter in Rome”. Closed Sunday and Monday; visit their website for information on current exhibition and dates! www.rain.org/~karpeles/chasfrm.html

The Macaulay Museum of Dental History- Free Admission

175 Ashley Avenue- Charleston, SC- 29425 – (843) 792-2288

“An impressive collection of dental memorabilia, including a dental office of circa 1900; a series of dental chairs spanning many years, including a child's chair; an instrument made by Paul Revere for Dr. Josiah Flagg, the first American-born, full-time dentist; and an itinerate dentist's chest of the Civil War era”. Museum is accessible through the Waring Library, just visit a librarian and they will let you in! Closed weekends; visit their website at waring.library.musc.edu/page.php?id=711.

The Old Slave Mart- Adults 61+ Admission \$5

6 Chalmers Street- Charleston, SC- 29401- (843) 958-6467-

www.nps.gov/nr/travel/charleston/index.htm

Used historically as a slave auction site in the 1800's, today, the Old Slave Mart now houses a museum of African American history, arts, and crafts. The museum is open Monday through Friday from 9am to 5pm.

South Carolina Aquarium- Adults 62+ Admission \$16

100 Aquarium Wharf - Charleston, SC- 29401- (843) 720-1990

Enjoy a day at the Aquarium watching and learning all about South Carolina natural wildlife and more! If you're a Triple A card member, receive an additional \$1 off admission! Have grandchildren who visit often or live in town? Visit their website at www.scaquarium.org for information on the Grandparent Membership for 2 Adults and all grandchildren for just \$80 a year! Or receive free admission by using 9 books of your Piggly Wiggly Greenbax points!

Tours

Downtown Charleston and surrounding areas offer a variety of tours, ranging from carriage tours through historic downtown, ghost walks, church tours, sightseeing boat rides of Charleston's harbor and the infamous Fort Sumter, and even culinary tours! Visit www.travelerofcharleston.com or www.charlestongateway.com for tour company information and local deals, or spend a day at The Market of downtown Charleston, where tour information is a plenty! Many tour companies honor discounts for AAA and AARP members as well as for senior citizens, just make sure you ask when signing up and many vendors may be up to bargaining! Also, many of the tour shops will have a variety of special offers and coupons to area restaurants and entertainment venues!

Plantations and Gardens-

Visit the Charleston Area Convention and Visitor Bureau at www.charlestoncvb.com/tour/index.html for detailed information the many gardens and plantation tours and programs available in the Charleston area! Many locations will offer a senior citizens discount upon request if there is an admission fee! The official site of the Charleston Area Convention and Visitor Bureau is www.charlestoncvb.com and it is an excellent resource for area events and news!

GROCERY STORES WITH DISCOUNTS:

Bi-Lo- Every *Wednesday*, Adults 55+ receives a discount of 5% off their purchase. To receive this discount, you must apply for the Bi-Lo Senior card at any of the store locations.

Earth Fare- Everyday, Adults 60+ receive a discount of 5% off their purchase with a picture I.D. Every month, Earth Fare hosts special events and classes open to the public. Classes include Earth Fare's Culinary Series which takes place every Thursday night at 6:30 pm as well as educational classes and special events to benefit local charities. Visit their website at www.earthfare.com or call (843)769-4800 for information on upcoming events and classes.

Harris Teeter- Every *Thursday*, Adults 60+ receives a discount of 5% off their purchase with a picture I.D. www.harristeeter.com

Piggly Wiggly- The "Pig" offers their 'GreenBax' program to all shoppers. Shoppers acquire points that can be redeemed for special in-store deals and at area retailers, merchandisers and special events who participate in their program. See a store associate for more information.

Publix- Every *Wednesday*, Adults 65+ receive a discount of 5% off their purchase with a picture I.D.

Whole Foods Market- Whole Foods hosts several cooking, health awareness, and environment friendly know-how classes at their Mt. Pleasant store! This is a great way to learn more about local culinary trends

and how to do your part for the environment and some classes may offer special store coupons for attendance! To see a schedule of events for the coming months, visit their store website at www.wholefoodsmarket.com/stores/charleston or call (843) 971-7240! Reservations for attendance may be required for certain classes and events.

(State Mandate: Adults 85+ receive an additional discount of 1% off their purchases any day at retail and grocery stores with a picture I.D.)

OTHER FUN OPPORTUNITIES:

Charleston Farmers Market- April 11th through December 19, 2009.
Marion Square- Downtown Charleston, every Saturday from 8am to 2pm
“The 2009 Charleston Farmers Market comes to life each Saturday morning and offers an abundance of the freshest local produce, plants, herbs and cut flowers. Stroll through the Charleston Farmers Market and purchase a delicious brunch as you listen to a variety of live entertainment.” Dates are subject to change each year, so visit the City of Charleston Website at www.charlestoncity.info for information on the Farmers Market and other interesting opportunities in the area!

Other Area Farmers Market-

- Mt. Pleasant, SC - Visit the Town of Mount Pleasant’s official website at www.townofmountpleasant.com for information on their market day and times. (Tuesdays)
- North Charleston- Visit the City of North Charleston’s official website at www.northcharleston.org for more information on their market day and times. (Thursdays)

Charleston Flower Market, Inc

1952 Maybank Hwy on James Island 29412 (843) 795-0015
European Flower Market style fresh flowers—no minimum.

The Charleston Horticultural Society-

46 Windermere Boulevard - Charleston, SC- 29407- (843) 579-9922
If you enjoy gardening, this is the group for you! “The CHS holds monthly lectures from September through May, publishes “The Vine,” the member newsletter, three times a year; presents distinctive garden tours, produces

PLANTASIA, a green market for plant lovers each spring; and offers the "Looking at the Layers of the Landscape" program, a history of Charleston's horticultural and landscape traditions." Visit their website for more information and see how to join! www.charlestonhorticulturalsociety.org

Community Supported Agriculture

Enjoy fresh, local and seasonal produce grown in Charleston's backyard! Share in local farmer's harvest for a set season fee, around \$300 for a family of four. Harvest dates begin in mid-April and participants will receive a weekly box of fresh produce delivered to a predetermined location, through the spring season into July. Some CSA participants may offer a fall and winter harvest season to share in too!

Visit Lowcountry Local First at their website lowcountrylocalfirst.org for information on local businesses that support local agriculture as well as fun and exciting events hosted in Charleston that support local farming and agricultural programs!

Participating Farms include:

Ambrose Family Farms-

2414 Rockland Avenue- Wadmalaw Island, SC- 29487- (843)559-0988

Visit their website at www.stonofarmmarket.com for more information on season dates and to sign up!

Legare Farms-

2620 Hanscombe Point Road-Johns Island, SC- 29455- (843) 559-0763- legarefarms@bellsouth.net

Visit their website at www.legarefarms.com for more information on their Community Supported Agriculture program! Legare Farms also offers an onsite Farmers Market March through May for those interested in buying local, fresh produce on a smaller scale. Call for more information.

Rita's Roots at Thackeray Farms-

1364 Harts Bluff Road-Wadmalaw Island, SC- 29487
Contact Information- Rita Bachmann- (843) 559-9058-
vegutup@yahoo.com
www.ritasroots.wordpress.com

Tiger Lily Florists-

131 Spring Street- Charleston, SC- 29403- (843) 723-2808

Tiger Lily florists offer a half price flower program on all single stems.

Customers can pick out any single stem flowers to create their own fresh bouquets at half price which your florist will then wrap in tissue. This deal is subject to change and does not apply to delivery orders.

TRANSPORTATION:

CARTA- Local Public Transportation for the Charleston Area

(843) 724-7420

“Seniors 55+ only pay \$0.75 for the Downtown Area Shuttle and Fixed Route Service Monday through Friday from 9:00 a.m. to 3:30 p.m. and after 6:00 p.m., all day Saturday and Sunday, and Holidays (except those holidays that the Downtown Area Shuttle does not operate). Drivers may request proof of age. Medicare cards or an I.D. card with date of birth will serve as identification for the fare. Disabled patrons can ride fixed-route for \$0.40 all day, every day. Patrons with a valid Tel-A-Ride I.D. card can ride fixed-route for \$0.40.” Other passes and discounts may be available. Visit Carta’s website for more information and to view the service areas, routes, and for help planning your route at www.ridecarta.com.

Independent Transportation Network Charleston Trident-

6296 Rivers Avenue- Suite 303- North Charleston, SC- 29406

(843) 225-2715

Get anywhere you need to be with ITN Charleston Trident car services for adults 60+ and the visually impaired. Members pay a yearly fee of \$35 and an additional minimal charge for each ride, which cover administrative and mileage costs. This service is available 24 hours a day, 7 days a week and there is no limitations placed on destination and ride purpose. Members enjoy ride service in private cars with trained drivers.

AREA BENEFITS:

Humane Net- The John Ancrum SPCA

2455 Remount Road- Charleston, SC- 29407- (843) 875-4031

The Charleston Animal Society in conjunction with the JASPCA offers a spayed and neutering program for local pets and their owners at below

average pricing. For individuals who claim Social Security and/or Medicaid/care, spay and neuter prices for your pet including yearly shots is just \$20.

VOLUNTEER OPPORTUNITIES:

Following is a list of organizations and their websites that are always looking for community volunteers. If your charity of interest is not listed please visit the website below for a more comprehensive list!

<http://www.charitycharities.org/charities/SC/Charleston.html>

- Charleston Habitat for Humanity <http://www.charlestonhabitat.org/>
- Historic Charleston Foundation
<http://www.historiccharleston.org/involved/volunteer.html>
- Hospice of Charleston
<http://www.hospiceofcharleston.org/volunteer/application.shtml>
- Center for Women <http://www.c4women.org>
- Lowcountry Food Bank <http://www.lowcountryfoodbank.org/>
- My Sister's House, Inc <http://www.mysistershouse.org/volunteers/>
- South Carolina Arts Commission <http://www.southcarolinaarts.com/>
- South Carolina Aquarium
<http://www.scaquarium.org/volunteers/volunteers.html>
- South Carolina Historical Society
<http://www.southcarolinahistoricalociety.org/>
- SPCA <http://www.charlestonanimalsociety.org/volunteer.htm>

Information in this article is subject to change at any time! Please check with the business or organization prior to visiting for the most up-to-date information! If you know of other special treats for seniors please let us know so that we may include it!

This report was prepared by Cara McClain, Intern from the College of Charleston April 2009

Mayor's Office on Aging
50 Broad Street
Charleston, SC 29401
Phone: (843)-577-1389 Fax: (843)-724-3706
Email: moa@ci.charleston.sc.us

Appendix

Downtown Charleston Area

Aquatics-

- Herbert Hasell Pool- 265 Fishburne Street- Charleston, SC- 29403
(843) 724- 7344
- Martin Luther King Pool- 155 Jackson Street- Charleston, SC-29403
(843) 724- 7346

Community Centers –

- Arthur Christopher City Gym- 65 Hagood Avenue- Charleston, SC-
29403- (843) 724-7338
- Harmon Park- 201 President Street- Charleston, SC- 29403-
(843) 724-7399
- St. Julian Devine- Community Center- 1 Cooper Street- Charleston,
SC- 29403- (843) 724- 7350
- Tiedemann Park Nature Center- 38 Elizabeth Street-Charleston, SC-
29403- (843) 965-4002

James Island

Aquatics-

- James Island Pool- 1088 Quail Drive- James Island, SC- 29412-
(843) 795-5678

Community Centers-

- Bayview Soccer Complex- 1045 Fort Johnson Road- James Island, SC-
29412- (843) 406-7723
- Charleston Municipal Golf Course- 2110 Maybank Highway-James
Island, SC- 29412- (843) 795-6517
- James Island Recreation Complex (pool)- 1088 Quail Drive- James
Island, SC- 29412- (843) 795-5678

- Lowcountry Senior Center- 865 Riverland Drive- James Island, SC- 29412- (843) 762-9555
- Maybank Tennis Center- 1880 Houghton Drive- James Island, SC- 29412- (843) 406-8814

West Ashley

Aquatics-

- W.L. Stephens Aquatic Center- 780 W. Oak Forest Drive- West Ashley, SC- 29407- (843) 769-8261

Community Centers-

- Ackerman Park- 55 Sycamore Drive- West Ashley, SC- 29407
- Chadwick Park- 30 Chadwick Drive- West Ashley, SC- 29407
- Charleston Tennis Center- 19 Farmfield Avenue- West Ashley, SC- 29407- (843) 769-8258
- Mary Utsey Playground- 1360 Orange Grove Road- West Ashley, SC- 29407- (843) 769- 8245
- Willie Gaines Playground- 1820 Taborwood- West Ashley, SC- 29407- (843) 769-8256
- West Ashley Park- 3601 Mary Ader Drive- West Ashley, SC-29414- (843) 769-8282

Other Area Recreation Centers

Daniel Island-

- Daniel Island Municipal Center- 235 Seven Farms Drive- Daniel Island, SC- 29492- (843) 375-4630

Johns Island-

- Angel Oak Tree- 3688 Angel Oak Road- Johns Island, SC- 29455- (843) 559- 3496
- Johns Island Park- 1727 Bozo Lane- Johns Island, SC- 29455

Numbers of Interest

Weather Hotline- (843) 579-7549

Department of Recreation Marketing/Special Events- (843) 724- 7336